

**AMENDMENTS TO THE CLAIMS**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-2. (Canceled)

3. (Currently Amended) The method of ~~claim 2~~ claim 29, wherein in said triglyceride having arachidonic acid as a component fatty acid, ~~the ratio of the arachidonic acid comprises at least 20% of~~ in the total fatty acids comprising the triglyceride is at least 20%.

4. (Currently Amended) The method of ~~claim 2~~ claim 29, wherein said triglyceride having arachidonic acid as a component fatty acid is extracted from a microorganism belonging to any one of the *Mortierella*, *Conidiobolus*, *Pythium*, *Phytophthora*, *Penicillium*, *Cladosporium*, *Mucor*, *Fusarium*, *Aspergillus*, *Rhodotorula*, *Entomophthora*, *Echinosporangium*, and *Saprolegnia*.

5. (Currently Amended) The method of ~~claim 2~~ claim 29, wherein said triglyceride ~~having arachidonic acid as a component fatty acid is a triglyceride including~~ includes at least 5% of a triglyceride with a medium-chain fatty acid bonded to the 1,3-position and with arachidonic acid bonded to the 2-position.

6. (Previously Presented) The method of claim 5, wherein said medium-chain fatty acid is selected from a fatty acid having 6 to 12 carbon atoms.

Claims 7-28. (Canceled)

29. (New) A method of treating a drop of the elasticity of blood vessels associated with aging in an individual, comprising administering to the individual a composition comprising an effective amount of a triglyceride having arachidonic acid as a component fatty acid, wherein the administration treats the drop in the elasticity of blood vessels associated with aging.

30. (New) The method of claim 29, wherein the individual suffers from arteriosclerosis.

31. (New) The method of claim 29, wherein the individual suffers from ischemic cardiac disease.

32. (New) The method of claim 31, wherein the ischemic cardiac disease is myocardial infarction or angina.

33. (New) The method of claim 29, wherein the individual suffers from cerebral hemorrhage.